Journalist: Mr Cansler, how does it feel to be one hundred? Mr Cansler: Well, actually, I'm not one hundred yet. My birthday's int weeks' time.

Journalist: You're in perfect shape, what do you do to keep fit? Mr Cansler: Nowadays, people seem to be crazy about having a healthy lifest When I was young, nobody thought about such things. I was one of ten child in my family. We had no idea what a healthy diet was. We were happy if wel enough to eat. There was no need to take any exercise, the work on the farm hard, and we spent all days outdoors. You had to be strong; I lost one broth and one sister quite early, but those that survived lived into an old age. Well probably took after my father, who died at the age of ninety-four. Journalist: Have you ever smoked?

Mr Cansler: Well, I haven't tried cigarettes, no. But once I thought I'd lo interesting with a pipe so I tried that. But my wife couldn't stand it, so afim a week or so I threw the pipe away.

Journalist: What can you advise our listeners?

Mr Cansler: I don't think you can do anything to guarantee a long life. You ca avoid hardships, even tragedies. What you can do is be as active as have a positive attitude. s possible a

Journalist: Thank you, Mr Cansler.